

## Cup of Love

The video “A Cup of Love” was used as part of this lesson. This helps your child to visualise how every act of kindness they make is like “filling a cup” with love for others and for themselves.

**Read the following with your child if possible:**

*Imagine that you have a cup in your hand. What colour is your cup? What shape is it? How does it feel? Now think about something nice that you could do for someone; maybe for a friend, someone in your class, or someone in your family. Now imagine that this person has a cup, too. Think about the colour and shape of their cup. Imagine that when you do this nice thing that you are filling up a cup of love for this person. When you fill someone else's cup, it often makes you feel good and actually fills your own cup, too! Sometimes if we spend all our time filling other people's cups, our own cup starts to empty. We need to remember to do nice things for ourselves, too, to keep our own cup nice and full. When we remember to fill our own cups with love, we will always have enough love to give to everyone around us.*

Have your child design the teacup below and talk about ways they can keep their own cup full.

